

# Red Cedar Stew

**Makes:** 6 Servings

## Ingredients

- 1** whole chicken (cooked, deboned, and shredded)
- 1/4 cup** olive oil
- 1 cup** Boniato
- 6 cups** Southern holy trinity (equal parts celery, tri-colored bell peppers and onion)
- 2 cups** carrots, chopped
- 2 cups** fresh spinach (not frozen)
- 1/4 cup** lime juice
- 4** ears of fresh sweet corn (husked and quartered)
- 6 cups** low sodium chicken broth
- 1 bunch** cilantro
- 2 cups** peel potatoes
- 2 cans** canned diced tomatoes (low sodium)
- 1** bay leaf
- 1 cup** Calabazza, cubed

## Directions

1. Heat the oil in a heavy 5 1/2-quart saucepan over medium heat. Add the Southern Holy Trinity and carrots. Sauté the vegetables until the onions are translucent, about 5 minutes.
2. Add garlic, cilantro, and broth. Bring to a simmer.
3. Add white potatoes, boniato (sweet potatoes), and corn. Simmer for 10 minutes.
4. Add all remaining ingredients. Simmer additional five minutes.
5. Remove bay leaf before serving. Serve with any accompaniment. Such as over rice, with cornbread, with any type of bread, or just enjoy as is.



